

the newham mag

ISSUE 153
6 September 2008



Page 14
Be our
Young
Mayor



Page 28
Rough
riders

> **Page 6** The light fantastic: Thousands revel at Under the Stars





Love
Newham...
Love
Newham.com

www.newham.com

Newham.
com

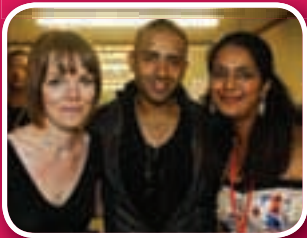


the newham mag

Look out for the next issue from 20 September

contents

6 September 2008 // issue **153**



It's the end of another season of jam packed summer events and what a time we've had! Thousands of you joined us, once again, at Under the Stars, where

there was something for all tastes. Emily and I were lucky enough to catch up with the stars backstage and even managed catch up with Jay Sean, who headlined on evening three.

As the summer is over we've gone back up to our usual 40 pages of all you need to know about Newham this fortnight – enjoy!

Anita

On the cover:
Fanfare, fireworks
and family fun at
Under the Stars



EDITOR: Anita Plaha 020 8430 4533
DEPUTY EDITOR: Emily Bynoe 020 8430 6191
REPORTERS: Deirdre Wallace, Catherine Etoe
DESIGN: Adam Renvoize, Paul Nunn, Karen Registe
STAFF PHOTOGRAPHER: Andrew Baker
Additional photography: Sarah London
ADVERTISING: Julie Madell 07890 529 090
PRINT/REPROGRAPHICS: Woodford Litho Ltd
DISTRIBUTION: Letterbox distribution



**Don't forget to recycle
your Newham Mag
once you've read it**

**For all Newham Council services call
020 8430 2000 or visit www.newham.gov.uk**

If you do not receive The Newham Mag at home, or know someone who doesn't, please call 020 8430 4533, write to The Newham Mag, Newham Town Hall, East Ham, E6 2RP or email newham.mag@newham.gov.uk

Regulars

- 04 NEWS** – Two pages of news and pictures from across the borough
- 12 MAYOR'S VIEW** – All the news from Sir Robin Wales
- 26 WORKING LIVES** – James Mark gets set for 2012
- 30 NEWHAM IN FOCUS** – Community news from your part of the borough
- 32 KIDS' CORNER** – Puzzles, pictures and poems for our younger readers
- 34 YOUR SPACE** – Saniya Gour writes on her work experience
- 35 WHAT'S ON** – Four pages of activities and events for you to try – most of them free of charge

Features

- 06 UNDER THE STARS PICTURES SPECIAL** – All the glitz and glamour from the big event



06



28



24



26

- 14 YOUNG MAYOR ELECTIONS** – Newham's youth line up to be counted
- 16 THROUGH THE KEYHOLE** – Open House London invites you inside
- 18 GREEN WASTE RECYCLING** – Keep Newham green with your garden waste
- 20 BACK TO SCHOOL** – The exciting new range of part-time courses for adults
- 22 CULTURAL OLYMPIAD** – A four year arts festival kicks off in Newham
- 23 SCHOOL DINNERS** – The new wave of school catering
- 24 DEAR DIANA** – Resident dietician gives recipes and health advice
- 28 EASY RIDERS** – A motorbike course to cure anti-social riding



Published by the London Borough of Newham

Worried about the cost of Christmas? The council can help



With the country tightening its belt, it's not too soon to start thinking about Christmas and the costs that come with it. The council's new Financial Inclusion Team and the Domestic Energy Efficiency Team are joining East London Financial Inclusion Unit in Stratford Shopping Mall on 16 September from 9am to 5.30pm to offer shoppers tips on keeping down the costs at Christmas.

"It's all too easy to overspend at Christmas," said Mayor Sir Robin Wales, "and borrowing money at high interest rates can add considerably to the cost of Christmas. So although it's still early, get prepared and come along and talk to people who can help to make sure you have a great time with your family and friends but don't get caught out with debt and worry when the festive season is over."

Look out for an introduction to the Financial Inclusion Team in the next issue of the Newham Mag.



Celebrate the Beijing Paralympic handover

The Beijing Olympics are over but make way for the Paralympic Games, which begin on 6 September. Newham Council and the Greenhill Centre in Manor Park will be marking the closing ceremony and handover to London on 17 September from 11am to 3pm with a jam-packed day of sports and cultural activities for disabled adults from Newham, a Chinese lion dance and screening of the closing ceremony and handover from Beijing.

If you'd like to come, please contact Jess Khanom, disability sports officer, on 020 8430 6012, (text only) 07896 68 66 01 or jassica.khanom@newham.gov.uk

Newham schoolchildren are top of the class

Young people in Newham's secondary schools have again performed extremely well in this year's GCSE examinations. Provisional results show that the percentage of Newham students achieving five or more GCSE or equivalent grades from A* to C rose from 54.9 per cent in 2007 to 56.3 per cent this year.

In 2006 the figure was 51.6 per cent, so there has been an overall improvement of 4.7 per cent over the past two years. The percentage of Newham students achieving five or more GCSE or equivalent grades from A* to C including English and Mathematics – the Government's gold standard – has risen from 40.5 per cent in 2006 to 44.3 per cent in 2008.

St Angela's RC School in Forest Gate had the highest proportion of students gaining five or more grades A* to C across all subjects at 90.2 per cent. The most improved schools in the borough were (in order) Cumberland School, Kingsford School, Brampton Manor School, Stratford School and Rokeby.

Deputy Mayor Councillor Christine Bowden celebrated with students at Kingsford School in Beckton. She said: "It is always an emotional time for young people when they wait for their results but I am delighted by their success again this year. All their hard work has paid off."



Deputy Mayor Cllr Christine Bowden helps Kingsford pupils celebrate

Fledgling filmmakers needed

It's time again for local filmmakers to cash in on the New Pathways Film Fund. Newham residents, along with those from Tower Hamlets and Hackney, can apply to take part in the New Pathways eight-day intensive training programme. The 15 successful applicants will learn the latest filmmaking technology and techniques

and be invited to pitch their script to a panel of top industry judges. The panel will then award six film bursaries of £1,500, with two going to participants from each borough. The six successful films will be premiered at the launch of next year's East End Film Festival and be entered into ITV Local's Best of Boroughs Film Awards.

Residents interested in the training programme have until 5pm on Wednesday 17 September to apply. For more information on the film fund please contact Stephanie Turnbull, Films Officer, Tower Hamlets Council on 020 7364 7920 or email: filmsoffice@towerhamlets.gov.uk putting "New Pathways" in the subject line.



East Ham trader caught selling knife to a child

Newham Council's trading standards officers caught a trader in East Ham selling a knife to a child during a crackdown operation on the illegal sale of age-restricted goods. The 13-year-old test purchase volunteer was sold a kitchen knife with a five-inch blade. The test purchases were organised after residents complained about young people seen buying age-restricted goods in the area. The majority of businesses tested complied with the law.

Executive member for public protection, Councillor Andrew Baikie, said: "Newham's trading standards officers have made businesses fully aware of the illegality of selling age-restricted items so there really is no excuse to do so."

It is illegal to sell or knowingly allow any person to sell knives, fireworks, solvents, alcohol, cigarettes, cigarette papers or any other tobacco products to a person under 18.

Businesses can get more information by emailing: trading.standards@newham.gov.uk or telephoning 020 8430 3869. Consumers can get advice by visiting www.consumerdirect.gov.uk or telephoning Consumer Direct on 08454 040506.



42,000 visit Under the Stars

The council's free musical extravaganza attracted a massive 42,000 people over four days to Central Park, East Ham. The event had an Olympic theme, showcasing two short films on the ambitions of the borough and its residents, and hosted huge acts such as Jay Sean, H Dhami, Bjorn Again and the Royal Philharmonic Orchestra. Turn to page 6 for a News in Pictures special. Were you one of the thousands that made it to Under the Stars? If so, Newham.com want to see your pictures of the event. Send your super snaps to info@newham.com and you could win some exclusive signed goodies from the stars; visit newham.com for more details where you can also see the awe inspiring videos that premiered at Under the Stars.



NEWS // IN PICTURES

UNDER THE STARS SPECIAL

Step to it: A couple grace the dance floor at one of the popular tribute nights.



NEWS // IN PICTURES

UNDER THE STARS SPECIAL

1 Virsa Punjab with their high energy dance moves. **2** Aerial elegance entertains during the Philharmonic interlude. **3** 'Abbing' a good time – Björn Again rock the crowd. **4** Animal magic – kids enjoy face painting at afternoon parties.



NEWS // IN PICTURES

UNDER THE STARS SPECIAL

Crowd control: the masses are mesmerised by the acts on stage.



NEWS // IN PICTURES

UNDER THE STARS SPECIAL

1 Saturday night ravers. **2** Bold as brass: The Royal Philharmonic wows the crowds at the Sunday finale of four nights of musical magic. **3** Dean Martin woos thousands. **4** Kids get ready to boogie with CBeebies Nat.



NEWS // IN PICTURES

UNDER THE STARS SPECIAL

The sexy sounds of Brit Asia
– Jay Sean rocks the crowds.



NEWS // IN PICTURES

UNDER THE STARS SPECIAL

1 Swing-out sisters: a right knees-up had by all. **2** Lennon makes a comeback as one of the Bootleg Beatles. **3** Flying the finale flags. **4** Simon Says... Newham style!



A fair wage for all

Newham has a thriving local economy. Many of our local shops and restaurants are owned by local people, a fact that really shows the entrepreneurial drive in our borough. Often, these shops and restaurants will employ local people, which is something I support wholeheartedly, but businesses do have a responsibility to pay at the very least the minimum wage.

I believe that hard working people deserve a fair wage so that they can comfortably support themselves and their family. While most businesses do comply with the minimum wage policy, there are a few who let down their employees. This is unfair and will not be tolerated. I have been lobbying the Government to give us more power to enforce the minimum wage on businesses which do not comply. Between us, we have set up a pilot which will train our officers to quickly spot which businesses aren't paying fairly. We have a responsibility to ensure local people are treated fairly and get what they are owed and we will not let anyone get away with doing otherwise.

“ We have a responsibility to ensure local people are treated fairly and get what they are owed and we will not let anyone get away with doing otherwise”

If you are a working adult above the age of 22, you are entitled to £5.52 an hour. If you believe you are being paid less than this amount then you should contact 0845 6000 678, where you can get free confidential advice.



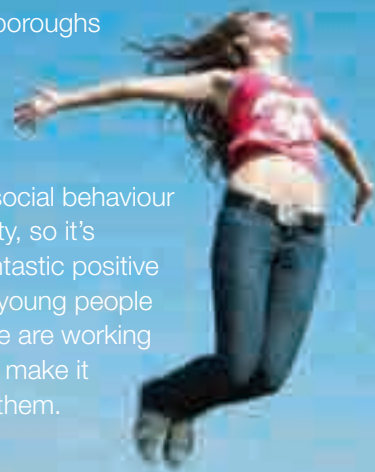
Mayor's Question Time

Question Time sessions are back. This is where I get the chance to hear directly from you about your concerns. Come along to the next session on Tuesday 16 September, from 6.30-7.30pm in Beckton's St John's Centre, Albert Road, E16.

If you have a question or concern your ward councillors operate weekly surgeries and would be happy to accommodate you. Visit www.newham.gov.uk/democracy to find out more, or see your local In Focus supplement for their surgery times.

Newham kids make the grade

Once again, our students have done brilliantly in their GCSEs and I expected no less from our bright young people! The achievement of five or more GCSE and equivalent grades from A*-C have risen again this year which really reflects the hard work put in by pupils, teachers and parents. Our results meet the Government Gold Standard which shows that our young people are doing as well or better than pupils from wealthier boroughs and more privileged backgrounds. Too often we hear negative stories about young people being involved in crime and anti-social behaviour or young people and obesity, so it's refreshing to hear some fantastic positive news! It's obvious that our young people have high ambitions and we are working hard to ensure that we can make it possible for them to attain them.



Being one of the few elected Mayors, I am directly accountable to you. You can meet me and discuss any issues that you think I can help with. To find out more visit my website at www.newham.gov.uk/mayor or call 020 8430 2107 to find out where I'll be.

Mayor's view

Thousands rock the park at Under the Stars



Our annual free music event, Under the Stars, has been yet another huge success with a brilliant line-up of performers and a distinctly Olympic feel to the celebrations, as we celebrated our status as host borough for the next Games. I was one of 42,000 people

who made the trip to Central Park, East Ham, and it was fantastic to see so many of you there, having a good time and enjoying yourselves.

I was also pleased to see yet more proof that Newham knows how to put on big, trouble-free events ahead of the 2012 Games. The Games are a once-in-a-lifetime opportunity for us to raise the profile of the borough and inspire people to participate in sport and healthy lifestyles. Residents were already excited about the 2012 Games, but the fact that Team GB did so well in Beijing has only increased the feeling of excitement and anticipation. That was certainly the impression that came across at Under the Stars. Sunday night had a particularly sporting theme with appearances from Olympic gold medallist, Tessa Sanderson CBE, and former Olympic cyclist Tony Doyle MBE. They were joined by 2012 hopefuls, swimmer Tom Brown and fencer Alex Savin.

Check out the Under the Stars picture special for all the action on pages 6 to 11. See you at next year's Under the Stars!

Young Mayor elections are back



The Young Mayor scheme was set up to give our young people a real voice and influence with a real budget to manage. Elections are now coming up again. Young Mayor Zuhayb Ahmed and the Youth Council have done an excellent job in representing our young people and influencing policies which directly affect them. It is however nearly time for Zuhayb to step down and give someone else the opportunity. Anyone aged 11-18 can join in. Nominations have already opened and will end on 19 September. After the nomination process has

ended, young people will be able to elect candidates with the final results announced on 23 October. I would encourage all of our young people to get involved, whether it's running for Young Mayor, or getting



on the campaign trail! To find out more, visit www.newham.gov.uk/youngmayor



OLYMPIC EXCITEMENT

We finally have the Olympic flag and all of a sudden the London 2012 Olympic and Paralympic Games seem just around the corner! Residents were already excited about the 2012 Games, but the fact that our local girl, Christine Ohuruogu, won gold has just increased the excitement. It was a proud day for Christine, her family and friends and the whole of Newham. Her race was very exciting and it was tremendous to see her triumph right at the end. We are all delighted by her victory. Christine is an exciting talent and we send her our warmest congratulations. Her performance is something that should inspire all of us. We hope many young people are encouraged by her success and will aspire to become successful Olympians and Paralympians of the future.

with Sir Robin Wales

Last year thousands of you participated in the search for Newham's first Young Mayor, either by collecting signatures of nomination, supporting your favourite candidate or running for the esteemed position yourself. A year later and we've come full circle and the current Young Mayor Zuhayb Ahmed is ready to hand over the reins to the person you think could make a difference to lives of young people like you.

The search for Newham's next Young Mayor is in full swing and if you're between 11 and 18-years-old and think you have what it takes to represent your friends and peers where it matters you're already a potential nominee.

If you've got the drive and commitment to take on the role, nominations are now open. You can pick up a form from your school, college, Connexions office or

download one from the website below. You'll need to collect 50 signatures of support from people between the age of 11 and 18, as well as endorsement from your head teacher, principal, employer or parent.

Zuhayb said: "Becoming Young Mayor was a great opportunity that I'd recommend to anyone, although it's not easy. I had to juggle my personal and professional commitments around the role and there's immense responsibility in representing the interests of thousands of young people to the Mayor, councillors, businesses and the community. But you're not alone; I had the support of the Youth Council and Deputy Young Mayor Hamid Sheikh.

"With such a young and diverse population it's important to represent everyone's views and that means getting out and about, meeting young people and

listening to their ideas and opinions – it's not just what you want but what's best for young people in Newham."

To take part you must live, work or study in the borough. Nominations close at 5pm on Friday 19 September and forms should be returned to the Mayor's Office at Newham Town Hall, Barking Road, East Ham E6 2RP.

An online primary election will take place in September, with successful candidates receiving comprehensive training to assist them with their campaign. Voting will take place in October.

For more information visit www.newham.gov.uk/youngmayor or keep reading the Newham Mag for fortnightly updates.

Passion, power and politics:

could you be Newham's next Young Mayor?





WWW.NEWHAM.GOV.UK/LIBRARIES

CHOOSE FROM MORE THAN

5 MILLION

ITEMS EVERY DAY

NEWHAM'S
LIBRARIES



THROUGH THE KEYHOLE: OPEN HOUSE IN NEWHAM



WHAT IS OPEN HOUSE?

Open House is London's free architectural festival, running this year on Saturday 20 and Sunday 21 September. It encourages Londoners to appreciate beautiful design and allows visitors to see buildings that are not usually open to the general public. This year, 600 buildings in London will open their doors to the public free of charge – with 360,000 visits expected in 48 hours. The festival offers you the chance to sneak behind doors that are usually closed, admire rooms that otherwise remain under lock and key and discover a whole new borough, just beneath the surface.

WHICH BUILDINGS IN NEWHAM ARE TAKING PART?

This year 16 buildings in Newham are taking part. Even if you've lived here all your life, there's still so much to be seen from within our stunning structures. Included in the banquet of beautiful buildings are the modern angles of the E13 Mix in Cumberland Road, Plaistow,

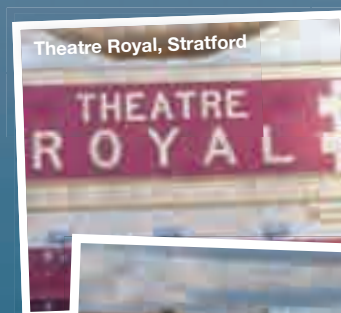
a purpose-built youth centre on a small but well-organised site, designed by and for the young people that use it, or Grassroots in Memorial Park, West Ham, a partly underground building that benefits from state-of-the-art energy conserving design including a grass roof.

The inclusion of St Mary Magdalene Church and Nature Reserve in High Street South, East Ham gives a nod to antiquity; and with its Grade I listed twelfth century church, plague victims' tombstones, London's largest churchyard and one of the best-preserved Norman archways in the country, it's certainly one of the borough's gems.

The London 2012 Olympic Park is also throwing its doors open to visitors on both days of the festival. The two and a half sq km site has to be seen to be believed – it's much bigger than you think! For this you must book your place on a tour in advance by calling 0845 671 8010.

So get curious and get down to Open House – you'll be surprised by what you don't know about Newham!

All of the buildings taking part are listed in a guide that is available from local libraries or online at www.londonopenhouse.org. Find your nearest library by visiting www.newham.gov.uk/Services/LibraryDetails/ or calling 020 8430 2000.



Theatre Royal, Stratford



House Mill

Newham

Local Housing Allowance (LHA) rates September 2008

Number of bedrooms	Weekly amount
shared room rate (one bedroom in shared accommodation)	£ 88.00
1 bedroom	£ 161.54
2 bedrooms	£ 200.00
3 bedrooms	£ 250.00
4 bedrooms	£ 300.00
5 bedrooms	£ 353.85

The table shows the rates we will use to calculate the maximum amount of housing benefit for tenants affected by LHA. The actual amount of benefit that a tenant will get depends on income, savings and who lives with them.

How to work out LHA entitlement

The LHA rate a tenant is entitled to depends on the number of bedrooms allowed for them and their household.

One bedroom is allowed for each of the following:

- > a couple
- > a single adult/young person (over 16)
- > two children of the same sex
- > two children regardless of sex under the age of 10
- > any other child

For example, an adult couple with a child would be entitled to one bedroom for the couple and one bedroom for the child.

This means that the 2 bedroom LHA rate would be used to work out their benefit.

Call Newham Council Tax and Benefits Service on 020 8430 2000 for further information

Single Parent?

Extra money when you go into work

When you go into work, as well as your salary you'll get:

£60* per week
for up to one year job

+

£50**
when you find your own job

+

£250*
when you start work

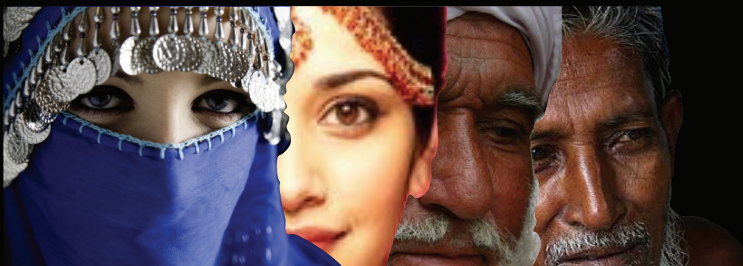
* Paid by Jobcentre Plus, eligibility conditions apply please ask for details.

** Paid by Reed in Partnership, subject to confirmation with employer

Call us **NOW** on 020 8819 7854

www.reedinpartnership.co.uk

REED
IN PARTNERSHIP



ENGLISH CITIZENSHIP COURSES FOR BRITISH NATIONALITY

or

INDEFINITE LEAVE TO REMAIN

or

Prepare for the Life in the UK Test

Ring 020 8470 1925
or 075 077 58 700



£175

Chase Park 2002 Limited
in Stratford School ATC
Grosvenor Road
Forest Gate
London
E7 8JA



the newham mag
we've got the whole
borough covered

To advertise here call Julie Madell
on 07890 529 090 or email
julie.madell@newham.gov.uk

Really keen to be green? As well as all of the high-tech recycling facilities that we told you about in the last couple of issues, the council is helping residents push the boat out when it comes to reducing, re-using and recycling with green waste collections.

Green waste includes grass cuttings, twigs, leaves, hedge trimmings, flowers and weeds. One of the problems that we can work together to solve is the amount of biodegradable material, including garden waste, entering the waste stream. Although this kind of rubbish will biodegrade fairly quickly, when separated from normal waste it can be turned into compost – something that makes our parks and gardens glorious. Recycling it also keeps it out of our chock-full landfill sites.

To benefit from the green waste collections, all you need to do is leave

your green garden waste in a black bag outside your front door or on the boundary of your property. Then book a collection by visiting the website www.newham.gov.uk/services/greenwasteandcomposting or by calling the council on 020 8430 2000. You can also take your green garden waste to Jenkins Lane Reuse and Recycling Centre in Beckton.

Bag those branches

Don't forget – we cannot collect items such as soil, large tree branches or green garden waste that are not in bags, but you can put garden waste in an ordinary black bag.

Mulch ado about nothing

Composting is very, very easy to do yourself and it provides a steady supply of fertiliser for your plants. If you don't already own a compost bin, you can get

one from as little as £4 by visiting www.getcomposting.com/newham or calling 0845 130 6090. Just add your organic waste to the bin (not animal products, citrus, bread, fat or beans) and wait for it to turn into compost. Be aware that wildlife is attracted to compost heaps, so be gentle when removing compost or turning the heap.

For more information visit
www.newham.gov.uk/sevices/greenwasteandcomposting or
call 020 8430 2000 to book a
collection

For more information on
home composting, visit
[www.compostworks.org.uk/
howtocompost.PDF](http://www.compostworks.org.uk/howtocompost.PDF)

Green Waste collections: turning weeds into good deeds





INVITATION FOR EXPRESSIONS OF INTEREST

We are inviting expressions of interest for the management and operation of two key cultural facilities in the London Borough of Newham: Newham City Farm and East Ham Nature Reserve. The Farm at present comprises large outdoor areas (2.5 Ha) with paddocks, animal accommodation, picnic area, pond and orchard, office space, kiosk and purpose-built visitor centre with educational facilities. The Nature Reserve at present comprises a large outdoor area (3.8 Ha) – formerly the burial ground of St Mary Magdalene Church – and purpose-built visitor centre with educational facilities


It is envisaged that the operator will receive deficit funding in the form of a grant or management fee from the council and benefit from a long lease at peppercorn rent (or under-lease in the case of the Nature Reserve). Both facilities are in need of refurbishment, and there is significant potential for redevelopment. The ability of the operator to obtain third party funding will be a key consideration when tenders are evaluated. Both facilities are valued by the local community and offer an inclusive environment. TUPE will apply.

Expressions of interest are welcomed for either facility in isolation or for both facilities from suitably qualified and experienced operators, who are likely to benefit from charitable status, and who are in a position to expand on existing services and implement service development opportunities:

Send expressions of interest (to be received no later than 12pm on 19 September 2008) by post or email to:

Mark Perkins
London Borough of Newham
Building 1000
2nd Floor – East Wing
Dockside Road
London E16 2QU
Mark.Perkins@newham.gov.uk

Following receipt of expressions of interest a pre qualification questionnaire will be issued. Qualified respondents will be sent the full tender information pack, which will include the detailed criteria for qualitative evaluation, along with the weightings for each criterion. The contract will be awarded on the basis of the most economically advantageous tender in terms of price (30 per cent) and quality (70 per cent).



GCSE results this year show that our young people are making strides towards great things, but did you know that you can still do the same? No matter your age or whatever experiences you've had with school in the past, Newham Community Education Service (NewCEYS), in partnership with Newham College of Further Education, can encourage you to do your best in subjects that really interest you. And the next round of courses is just about to begin this September.

The council offers more than 1,000 part-time courses for adults, many of these delivered from a variety of locations and times within the borough, so that you can plan them around your life, rather than the other way around. The courses are all listed in a new directory, called Live and Learn! 2008-09, which is available from Local Service Centres and libraries or to download from www.newham.gov.uk

The courses cover a number of subjects, ranging from practicalities (vehicle maintenance and repair; entry level word processing) to personal development (skills for success; literacy and numeracy) to self-indulgence (get your hands dirty with pottery; advanced salsa) to things you'd never think of trying but now can't help yourself (belly dancing; method acting).

What's my next move?

Get a copy of Live and Learn! 2008-09 from your Local Service Centre, library or download from www.newham.gov.uk. Choose your course – or courses! Enrol as soon as you can after 8 September. You should ring whichever centre offers your course in advance to find out what you'll need to bring – see numbers below.

How much will it cost?

Each course costs a different amount and you may be eligible for concessions if you are under 19, over 60, in full-time education, on a basic education course or in receipt of certain benefits. Check with the centre that runs your course.

Useful numbers

North East Office (Little Ilford, Manor Park and Green Street): 020 8522 5770

North West Office (Forest Gate and Stratford): 020 8257 4680

South East Office (Beckton, East Ham and North Woolwich): 020 8430 4041

South West Office (Canning Town, Plaistow and Custom House): 020 8257 4070

Newham College of Further Education: 020 8257 4446



Never too old to go **Back to school**

Your Council Tax paid for all this...



We provide hundreds of services but Newham still has one of the lowest Council Tax rates in London.

No one looks forward to getting their Council Tax bill, but did you know that your Council Tax pays for everything from libraries and parks to sports facilities and help for elderly people at home?

If you have trouble paying, call us on 020 8430 3234.

Don't get into debt. We're here to help.

© 2008 Newham Council RES00182



www.newham.gov.uk

Art lovers, theatre-goers, film buffs: it's your turn to be inspired by the Olympic handover this autumn. It is full steam ahead with preparations for the London 2012 Games, but you don't have to wait four years to enjoy the thrill of the Olympics – get celebrating from 26 September with a cultural feast of fun in Newham.

A Cultural Olympiad was included in London's Olympic bid – which means that over the next four years, the best in film, art, architecture, music and theatre will be brought to you by Britain's leading arts organisations.

With the Arts Council, Theatre Royal Stratford East, the Royal Shakespeare Company and UK Film Council involved, amongst others, there's something for everyone.

There will be a fantastic launch event on 26 September in Theatre Square, Stratford – keep checking www.newham.gov.uk for details.

How does the chance to hit the right note with a mixed voice choir sound? There will be one performing at the University of East London Docklands campus between 26 and 29 September and the public are invited to listen, watch and join in.

If the theatre is more your bag, put 27 September in your diary. Budding writers, musicians, storytellers and performers aged 14 and over will gather at the Theatre Royal Stratford East in Gerry Raffles Square to create their own musical piece at an open rehearsal workshop inspired by Ray Davies' new

musical *Come Dancing*.

But the weekend doesn't end there. Creative children and their parents can let their imaginations run riot by creating a giant world with fantasy countries at the Discover centre in Bridge Terrace, Stratford on 26 and 27 September.

Ten major projects are also in the pipeline in the coming months, ranging from an access-all-areas opening up of unusual sites to Londoners, a film and video carnival to a Shakespeare weekend.

So don't forget, the launch weekend is just the start of things so keep an eye out for more listings in the Newham Mag or on www.newham.com

Be Inspired by... the Cultural Olympiad launch weekend

Breaking news: Delicious school dinners are on the menu in Newham. With nutritious, mouth-watering dishes such as curry goat, chicken jalfrezi, Romanian meatballs and vegetable lasagne, an increasing number of pupils are choosing to eat healthily instead of opting for the local chippy or kebab shop.

This is all made possible through the combined efforts of Newham Catering Services and the Schools Food Trust. Newham achieved the new nutrient-based standards that will become legislation in all primary schools in September 2008 and all secondary schools in September 2009 – and they did so one year ahead of schedule.

So how did they do it?

The standards presented a huge challenge for the area manager for secondary schools, Anne Ledgley,

who explained: “School dinners have always had a bad press. To fight persisting poor perceptions we invited catering staff and students to suggest recipes that they use at home. We are very fortunate in Newham with our diverse culture and this was reflected in the dishes that came from this initiative.” Now, parents and students should not be surprised to see an English chef serve up Hungarian goulash or her Asian colleague presenting traditional East End fare. What’s more, the catering staff have had the chance to develop as chefs rather than cooks – and have really risen to the challenge.

The big test was to sell it to the kids. Anne continues: “We ran promotions such as ‘Have a free meal on us’ to encourage pupils to sample meals. This was very well

received by students and schools.” Newham Catering Services also offer meal deals, which assist students to select healthy options from the menu to the value of their meal entitlement.

So are our beloved chips off the menu for good? “Absolutely not,” says Anne. “Though the law now states how often fried items can be included, which is twice per week. So chips can be eaten if they are part of a balanced diet.”

So there you have it. No need to worry about preparing lunch boxes or what the kebab shop round the corner from the school gates is dishing up, because the school kitchen is really cooking.



Anne Ledgley meets catering staff at Royal Docks School

**Spiced up
meal deal
tickles
pupils'
palates**





Love your heart

This month Diana shares her tips on how to reduce your risk of Coronary Heart Disease (CHD).



CHD poses a number of risks which are divided into two categories. Non-modifiable – which we cannot change - and modifiable – which we can influence.

Non-modifiable risks factors include increasing age, gender, family history and ethnic background.

Modifiable risk factors include diet, smoking, alcohol intake, physical activity, high blood pressure, high cholesterol, and obesity.

Here are a few ways you can reduce the risk of CHD:

- > have regular meals and a balanced diet
- > include at least five servings of fruit and vegetables a day
- > choose low fat food items
- > Take regular exercise (consult your doctor if you have any existing health problem before embarking on any exercise)
- > use low fat cooking methods e.g. grilling, braising, steaming or boiling rather than frying
- > reduce your intake of saturated fats. These are 'bad' fats which raise cholesterol levels and tend to be hard at room temperature, for example, coconut products, meat and dairy fats
- > Choose oils and margarines which are high in polyunsaturated fats like sunflower and corn oils, and monounsaturated fats like olive and rapeseed oils. These are 'good' oils and help to lower cholesterol levels.
- > Eat fish at least twice a week and have an oily fish as one of these servings. Oily fish is a good source of omega 3 fatty acids, which protect against heart disease. Examples of oily fish are salmon, herring, sardines, kippers, mackerel and fresh tuna.

Eat your way to a healthy heart

Seared tuna with avocado and salsa (serves 4)

Ingredients:

4 tuna steaks
2 tablespoons olive oil
grated zest and juice of 2 limes
2 ripe avocados, halved, stoned, peeled and sliced
freshly ground black pepper

Salsa:

1 small red onion, chopped
1 red chilli, deseeded and finely chopped
1 large ripe tomato, halved, deseeded and chopped
2 tablespoons olive oil
grated zest and juice of 1 lime

Method:

Put the oil, lime juice and zest in a bowl. Whisk well. Add pepper. Put the tuna steaks in a shallow dish and pour over the oil and lime mixture. Cover and refrigerate for 1 hour.

Meanwhile, make the salsa. Put the onion, chilli, tomato and lime zest and juice in a bowl. Mix gently, cover and refrigerate.

Heat a griddle pan on top of the stove. Cook the fish for 2-3 minutes on each side. Divide the avocado slices and fish between 4 plates. Spoon over the salsa, sprinkle with coriander and serve with lime wedges.



Textual healing

Last year around 20 per cent of people missed appointments at Newham General Hospital; this year the number has dropped to 11 per cent – a significant reduction but still equal to 10,000 wasted appointments.

The drop is thanks to an extensive media campaign and the introduction of the courtesy call service, which reminds patients of their appointments. To further reduce the number of missed appointments the hospital will be introducing a text reminder service from this month, which is an extension of the courtesy

call service. The Trust will also be reminding patients of the three step publicity campaign:

Step 1: You make your appointment

Step 2: We remind you

Step 3: You attend on the day.

Senior Project Manager Josh Potter said: "It's extremely important that patients attend their appointments or

let us know beforehand so alternative arrangements can be made and their slot can be offered to someone else.

"It costs us nearly £200 for each missed appointment, and nearly £4m each year; money which we want to spend on your hospital care. Together we can make sure we provide the best service possible for our community."



Event horizon

For many of us, the excitement of the Beijing Games really boiled down to one thing: we're next. Just watching the handover of the flag to London was enough to give you goose pimples. Imagine the feeling in four years when the world turns its gaze to London. Now imagine you are the person responsible for hosting seven Olympic and five Paralympic sports – and you'll understand a little of how James Mark feels.

As newly-appointed Olympic Project Director for ExCeL London, the dockside exhibition and conference centre, James will be leading on the sporting events set to be held at the venue. These vary considerably, but from tai kwondo to table tennis, boxing to boccia, James must make sure that it all goes off without a hitch.

So far, his forehead is free from frown-lines, and his CV explains why. As a child, James's father would say to him each morning before school: "James: Learn something today." And he took that advice; a degree in performing arts management led him directly into a

career in events. Launching the Leicester Comedy Festival as a student preceded a stint at the Barbican and a stretch as events manager at Earls Court Exhibition Centre. He came to ExCeL eight years ago while it was still being built and helped make it the East End destination of choice for events – as well as an Olympic venue.

So he's cool as a cucumber and delighted to be formally made part of 2012. He explains: "I have been working at a slightly less senior level on the Games since the original bid. The creation of the job – appointing a director just for the Games – is our commitment

"It's got to be a Games for London – and for us it's predominantly about Newham and how we all work together to make it a great Games for everybody here"



to the Olympics, a way of showing just how important they are to us.”

And while London was being handed the torch, James was taking up his own challenge. “The first thing I did was text my family to tell them I got the job!” He laughs. “Then I started to scratch my head about how I was going to manage the project. Now there are four years to go, the pressure’s on. We need to start thinking seriously about all the details.” For James, these are anything from catering for athletes’ dietary needs to co-ordinating transport around the enormous ExCeL complex.

The first mission of the job was to

visit the Beijing Games. “Going to China was about getting a real understanding of the sports that would be competing at ExCeL London. I wanted to see what being an Olympic venue really entailed and what a host city felt like. I learnt so much.”

For James, the differences between Beijing and London were striking: “It will be completely different here. Beijing was extraordinary. It was a fantastic Games, especially for TV viewers across the world. But for spectators I felt the city was so big that swallowed it up a bit. I think this is where London will come into its own. We’ll be creating a party

atmosphere – something London does well. We’ll also be focusing on sustainability like no other Olympic host nation.”

So what is James’s big hope for 2012? “I really hope that ExCeL will be seen as an exciting place to come to have fun. That’s what we want to achieve. But we won’t be doing it alone. We’ve got so many stakeholders: shops, small businesses, residents – it’s all about how we bring everyone along with us. It’s got to be a Games for London – and for us it’s predominantly about Newham and how we all work together to make it a great Games for everybody here.”

Getting your own motorbike or scooter has gone from being the stuff of dreams to a rite of passage for teens who want an easy, fast and cheap way to get about. But as well as being noisy and occasionally used to commit anti-social crimes, motorcycles and scooters can be dangerous in inexperienced hands, both to their riders and to others.

In response to a need for better education, the fastest club in the East, Docklands Riders, and Newham Road Safety Team have launched a course that will teach young people how to ride motorcycles in a safe environment. The course was launched at a fun day, where Deputy Mayor Councillor Christine Bowden was invited to cut the ribbon.

Funded by Transport for London and delivered from the Beckton Activity Centre, Ride Smart aims to cut illegal driving and teach our young people about

road safety – which should make the streets safer for all of us. Cllr Bowden said: “I welcome anything positive that makes our residents safer and tackles concerns about anti-social behaviour. Ride Smart takes a pragmatic approach – instead of banning young people from riding motorbikes it shows them how to do it safely. And it looks like great fun too!”

Anyone aged 13 to 17 can join but most of the youths have been referred to the scheme by the police because of anti-social behaviour involving a motorbike. But the course is not to punish; it's about developing skills, and some referrals have come from schools as a reward for good behaviour.

There are two more Ride Smart courses, each six days long. The next course will be in October. They cover subjects such as motorbike maintenance and riding at the Docklands Riders track



Cllr Bowden kickstarts Ride Smart

at the Docks. As well as the hands-on stuff, instructors also lead conversations on road safety and teach young people how to make good decisions on their bikes.

Call 020 7473 4434 or email info@docklandsriders.org.uk for more information on Docklands Riders.

EASY RIDERS

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE BROWN ON 07890 529 090

Newham University Hospital **NHS**
NHS Trust

Annual Public Meeting

Thursday 25 September 2008
4pm - 7.30pm

All members of the public are welcome to attend

Newham University Hospital NHS Trust
St Andrew's Wing, Glen Road, Plaistow, E13

Health Fair	4 - 7.30pm
Hospital Tours	4.30pm, 5.15pm
Question Time	6 - 6.45pm

For more information about this event and to reserve a place on a tour, please contact Julie Gaiger on 020 7363 9354.

Training & Conference Facilities:



Newham's Professional Development Centre to hire for meetings, training, seminars & events.*

- 15 rooms for groups of 6 – 150
- most with wheelchair access
- £60 to £192 per day
- with multimedia projector, video, flipchart
- off-street parking for 120 cars
- Café – meals, snacks & refreshments
- Media Services – one-stop print shop.

*Not available for party hire.

CREDON  CENTRE

0208 430 5943 www.npd.newham.gov.uk

Newham **NHS**
Primary Care Trust

Board Meeting

2 p.m. on Tuesday 16th September 2008
in: The Conference Rooms, Warehouse K, 2 Western Gateway, Royal Victoria Dock, London E16 1DR.

All members of the public are welcome to attend

Discussion at the meeting will include the trust's Commissioning Strategy Plan. If you are interested in this or other health-related topics, please come and join us.

Meeting room is accessible to disabled people.

Bus Routes: 147, 241, 325
(alight at Custom House/Freemasons Road)
Docklands Light Railway: Custom House (2 minute walk)

For more information about the meeting, or to request sign language interpreters or large print papers, call:
The Communications Team at
Newham PCT on 020 8586 6329



the newham mag
we've got the whole borough covered

To advertise here call Julie Madell on 07890 529 090 or email julie.madell@newham.gov.uk

NEWHAM

>> IN FOCUS



Deputy Civic Ambassador Cllr Paul Sathianesan meets Handover staff

A development for the future

Deputy Civic Ambassador Councillor Paul Sathianesan attended the opening of Hedgerow Court, a retirement development in **EAST HAM**, meeting staff and residents before touring the estate. The £4.5 million development is the result of a partnership between the council and Hanover Housing and offers properties to rent or buy on a shared ownership basis. Designed exclusively for the over 55s the development will offer on-site facilities and services including emergency call response and 24-hour on-site care. Councillor Sathianesan said: "This is a wonderful development for older people. Projects like this can only come about when the right partnerships work together. This is the way of bringing about change and delivering services in Newham."

Pensions are 100!

Join the Newham Pensioners' Forum on Friday 26 September at the Old Town Hall, **STRATFORD**, to celebrate 100 years of state pensions. Councillor Pat Holland will join local MPs Stephen Timms and Lyn Brown and other guests for festivities – and everyone is invited. The day's fun will kick off at 1.30pm and will round up at 5pm. Refreshments will be provided. If you would like more information call 020 7474 6514.

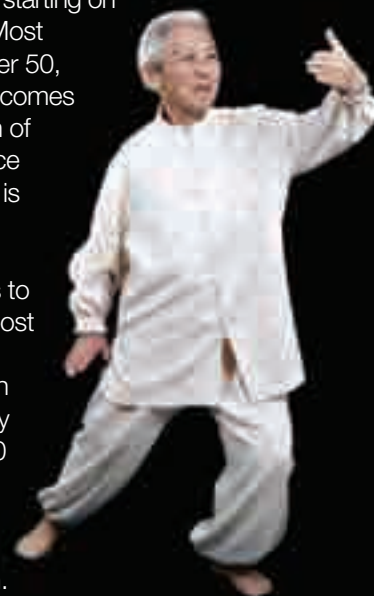
New City Adult Choir needs you!

If you have been enjoying BBC's Last Choir Standing on a Saturday night – why not take the plunge and have a go yourself? The New City Adult Choir is based at New City Primary School, New City Road, **PLAISTOW** and is open to everyone. The community choir is made up of staff, parents, grandparents and anyone who enjoys a good sing – it even won Adult Choir class at the 2005 Stratford and East London Music Festival.

The choir meets every Tuesday from 3.45 to 4.45pm at the school and explores a wide range of music from pop to ballads to songs from the shows. Member and headteacher Jackie Withnall says: "The emphasis is on enjoyment and everyone is welcome – no experience necessary." What's more, it's completely free! For more information call Jackie on 020 8472 2743 or email info@newcity.newham.sch.uk

Fitness for all

Keir Hardie Methodist Church Hall in **CANNING TOWN** invites you to join their friendly, relaxed fitness class on Saturday mornings, from 9.30 to 10.30am starting on 20 September. Most members are over 50, but the class welcomes women and men of any age. The pace and atmosphere is relaxed and the instructor helps adapt the moves to suit all abilities. Cost is just £1.50 per session. Just turn up at 9.25am any Saturday from 20 September or call Alan on 020 8472 2805 for more information.



Junior Hammers want your fancy footwork

With the new season ahead, football's back on the menu – now's your chance to find out if you really are the next Pele. The Junior Hammers welcome players of all ages and abilities and would love you to join! They meet on Tuesdays, Wednesdays, Thursdays and Fridays from 4.30 to 6pm at the Hartley Centre, Barking Road, **EAST HAM**. Call Harry on 020 8472 0058 for more information.



'Market' in your diary

Get a taste of the continent as the popular International Markets makes a welcome return to Stratford's Meridian Square. From Monday 8 to Friday 12 September get your teeth into a range of European specialities. Go Gaelic with French breads, cheeses, crepes and jams, get cheesy with Holland's finest, or indulge in a spicy German sausage; Spain will have a range of gorgeous leather goods and delectable wines. Check out the market for more of Europe's finest foods and wares.



Deputy Civic Ambassador Cllr Paul Sathianesan meets Handover staff

Expert Patients reunite and rejoice

Stephen Timms MP for East Ham was guest of honour at a celebratory reunion of the Expert Patients Programme CIC (EPP CIC) in **STRATFORD**. EPP CIC offers participants the chance to take back control of their lives after a period of illness or disability. Courses offer strategies for coping with issues such as pain and extreme tiredness, depression and planning for the future – as well as the chance to share experiences with others in similar situations. More than 40 of this year's participants gathered to celebrate; Myrtle Felix, one of the course participants,

said: "The course has given me motivation and empowered me to help look after myself – I use the relaxation tips every day. I am still in touch with all the people I went on the course with and we all continue to support and encourage each other."

Courses are free and are led by two trained tutors with experience of living with a long-term health condition. If you are interested in taking part in any of the courses offered by EPP CIC or in becoming a tutor please contact Claire Beresford on 0207 922 7860 or email claire.beresford@eppcic.co.uk



FREE English classes for Bangladeshi women

Unemployed Bangladeshi women are invited to join up for O-Regen's free English classes and employment support at the Harold Road Centre, **PLAISTOW**. Come and enjoy learning with friendly teachers, who can help you to gain City and Guilds qualification in English as another language (ESOL) and literacy. Classes begin in September and run for eight to ten weeks on Mondays, Tuesdays and Wednesdays during the day. If you're interested contact O-Regen on: 0208 988 8800; 0208 472 2805 or 07982586873. Travel expenses will be reimbursed.

Kids' corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
**KIDS' CORNER, ROOM 59,
NEWHAM TOWN HALL,
EAST HAM E6 2RP**

Gallery



Fathima Chowdhury. 8



Mahusa Mahendrarajah



Swetha Thoyalasamy. 9



Edona Selmani. 12

Poem

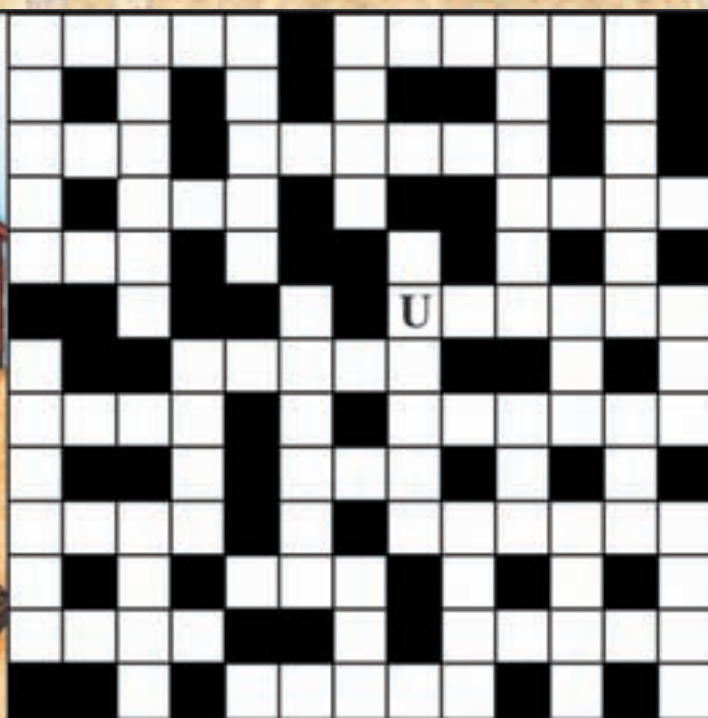
I'm a very special person, there's no one else like me!

If you searched the whole world over,
my twin you would never see,
My feelings are mine and mine alone,

They sometimes make me happy and sometimes make me moan!

There's no one else like me.
If everyone was perfect how boring
would life be?

I'm special
by Ayesha Nadeem,
10 years old



3-letters

eel
emu
eve
gas
gen
gum
ice
ill
imp
lap

4-letters

clam
cone
ears
exam
halo
race
sari
seas
test
unit

5-letters

angle
attic
capes
champ
cream
rains

6-letters

aerial
asleep
eclair
magpie
recipe
result
sesame
shorts
summer
tongue
umpire

Word-fit

**You must fit
the following
words in the
grid:**

YOUR SPACE

a place where you can read about what other young people in Newham know and love

What's great about where you live? What are the issues you want to voice and what advice can you share with others? If you're between 11 and 19-years-old we want to hear from you. Send your ideas for stories and news to us; our contact details are on page 3.



My Work Experience, by Saniya Gour, 15

"Every young person who goes to school in Newham gets the opportunity to do a two week work experience placement in either year 10 or 11. I was able to choose my placement, with the help of my teachers. Once I had chosen, I then had a short (and thankfully friendly!) telephone interview with my prospective employer, where I was able to ask questions and find out more about the work I would be doing.

"I got to do my placement in the 14-19 team of the council's Children & Young Peoples Service (CYPS). My role was as a reporter for their options magazine Sussed (www.newhamsussed.co.uk), which was great, as my ambition is to become a top journalist! I got to see how their Sussed magazine is used to provide Information, Advice and Guidance (IAG) to young people on their option choices. I reported on a number of events, including the launch of the new study support centre, The Think Store, in Stratford Shopping Centre, where I got to interview Newham's Young Mayor – which made me much more confident communicating! I got to write up my articles and

was shown editing techniques to make my stories stand out. I even learnt how to upload my articles on to the 14-19 website and am going to have some of my reports feature in this year's Sussed magazine! The best thing is that I'll be able to see my name in print!

"Throughout the two weeks, I gained a lot of knowledge and skills. My long-term plan is to build up my experience and I think getting to do this placement was a pretty good start.

"In my opinion work placements like these are a great opportunity and help to gain an insight into working life. Moreover, work experience is necessary for any job you apply for!

"I hope that more companies offer work experience placements to give young people a chance to test their skills and gain some more!"

To find out more about work experience, or to offer a young person a placement, contact Newham Education Business Partnership on 0208 430 5050 or email sharon.tomlin@newham.gov.uk

WHAT'S ON?



6 – 20 SEPTEMBER

ALL LIBRARY LISTINGS

UNDER 5s GROUPS

All open to under fives with their parents/carers.

Storytelling

Beckton Globe Every Friday 10-11am

Canning Town Every Monday 10.30-11.30am

Custom House Every Tuesday 10.15-11.15am

East Ham Every Wednesday 2-3pm

The Gate Every Friday 11am-12noon

Green Street Every Thursday 10.30-11.30am

Manor Park Every Thursday 10.30-11.30am

North Woolwich Every Thursday 2-3pm

Plaistow Every Tuesday 11am-12noon

Stratford Every Tuesday 11am-12noon and every Friday 2-3pm

Crafts Club

Manor Park Every Tuesday 10.30-11.30am

Crafts & Computer Club **Stratford** Every Monday 10.30-11.30am

Toy Library

Beckton Globe Every Monday 10am-12noon and every Thursday 1-3pm

East Ham Every Tuesday 10am-12noon and every

Thursday 10am-12noon

Messy Play

Beckton Globe Tuesdays during school term 1.30-2.30pm

Imaginative Play

East Ham Every Friday 10.30-11.30am

ADULT READING

Adult Reading Group

East Ham Monday 15 September 6.15-7.45pm

Stratford Monday 8 September 6.30-7.30pm

Tamil Reading Group

East Ham Wednesday 10 September 11am-1pm

Women-Only Urdu Reading Group

The Gate Tuesday 9 September 5.30-7.30pm

OTHER GROUPS

Over 50s Club

Beckton Globe Every Tuesday 9.45-11.45am

Click-On

Plaistow Friday 12 September 10am-12noon

ICT Surgeries

East Ham Friday 12 and 19 September 2-5pm

The Gate Friday 12 September 2-5pm

Stratford Friday 12 September 2-5pm

YOUNG PEOPLE

Homework Club – For young people aged seven to 14. School term only.

Beckton

Every Tuesday 4-6pm

Canning Town

Every Saturday 10am-12noon

Custom House

Every Saturday 10am-12noon

East Ham Every Monday 4-6pm

The Gate Every Thursday 4-6pm

Green Street

Every Tuesday 4-6pm

Manor Park

Every Saturday 10am-12noon

North Woolwich Every

Thursday 3.30-5.30pm

Plaistow

Every Thursday 4-6pm

Stratford Every Monday 4-6pm

Children's Games Club – For children aged five to 12.

Canning Town Thursday 11 September 4-6pm

Games Club – PS2 and

Xbox games, music, board games and more activities for ages eight to 13.

Custom House Every

Saturday 2-4pm

East Ham Every Tuesday

3.30-5.30pm

Manor Park Every

Thursday 4-6pm

Teenage Games Club –

PS2 and Xbox games, music, board games and many more

activities for ages 12 to 16.

Beckton Every Monday and every Wednesday 3-5pm

Teen Xtra Evenings – Free activities for young people aged 12 to 21.

The Gate Every Friday 6-8pm

Stratford Playerz

Stratford Friday 11

September 5.30pm-7.30pm

LIBRARY ADDRESSES

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063

Canning Town Barking Road, E16 4HQ. 020 7476 2696

Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565

East Ham High Street South, E6 6EL. 020 8430 3647

The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838

Green Street 337-341 Green Street, E13 9AR. 020 8472 4101

Manor Park Romford Road, E12 5JY. 020 8430 2207

North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900

Plaistow North Street, E13 9HL. 020 8472 0420

Stratford 3 The Grove, E15 1EL. 020 8430 6890

Archives and Local Studies: 020 8430 6881



ESTATE BASED SPORTS

Sessions are open to 12-18 year-olds, free unless otherwise stated and for all abilities. For more information call 020 8430 2484 or visit www.newham.com/2012Games

Athletics

Every Friday 4.30-6pm, eight-19 years, Drapers Field

Basketball

For ages eight-19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOCSP)

Every Monday 4.30-6.30pm Winsor Park

Every Monday 7-9pm Froud Community Centre

Every Tuesday 5-7pm Royal Victoria Gardens

Every Tuesday 7.30-9pm Plaistow Park

Every Wednesday 5-7pm Memorial Park

Every Wednesday 5-6.30pm

New Beckton Park

Every Thursday 4.30-6.30pm Priory Park

Every Thursday 5.30-7.30pm

Barking Road Rec

Every Friday 5-6.45pm

Forest Gate Youth Centre

Every Friday 5-7pm

Lister Gardens Park

Every Tuesday

4.30-6pm, girls 11-16 years

Sarah Bonnell School

Every Thursday

6-8pm, 12-16 years

Cumberland Sports College

Every Friday

4.15-5.30pm, eight-11 years

5.30-7.30pm, 12-16 years

Cumberland Sports College

Every Saturday

11am-1pm, eight-11 years

Sarah Bonnell School

Youngbloods

Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

Every Tuesday 6-8pm, under-15s and under-14s

East Ham Leisure Centre

Every Tuesday 8-10pm,

under-18 and under-16 boys

East Ham Leisure Centre

Every Tuesday 5.30-7.30pm,

under-16s and under-15s

Newham Leisure Centre

Every Thursday 6-8pm,

under-15 boys national league

Newham Leisure Centre

Every Saturday 1-3pm, under-

13s and minis

East Ham Leisure Centre

Cricket

Every Thursday

5-7pm, eight-to-16 years

Newham Cricket Club

Langdon School

£1 per session

Every Tuesday

5.30-7pm, eight-to-19 years

Score Indoor Complex

Every Thursday

4.30-6pm, eight-to-19 years

Drapers Field

Football

Every Monday 6-8pm

Plaistow Park

Every Tuesday 5.30-7.30pm

Little Ilford Ball Cage

Every Tuesday 5-7pm

Stratford Park

Every Tuesday 5-7pm

Phoenix Cage

Every Wednesday

4.30-6.30pm

Royal Victoria Gardens

Every Wednesday

5-7pm, eight to 19 years

Stratford Park

Every Wednesday

7.30-9.30pm, 16+ years

(£2 charge)

Score Complex

Every Thursday 5-7pm

Scud Park Ball Cage

Every Thursday 6-8pm

Forest Gate Youth Centre

Every Friday

4-5.30pm (term time only)

St John's Community Centre

Every Friday 6-8pm

Priory Park Ball Cage

Every Saturday

2-4pm, six to 14 years (£3

charge) Score Complex

Ascension Football

Academy

For more information please contact Louise on 07841 749292.

Every Saturday

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

£2.50 per child per session

King George V Park

Estates Football and Basketball League

Every Monday

6-8pm, under-14s and under-17s

Score Complex Hard Court

Every Tuesday 5.30-7pm,

under-12s and under-14s

Drapers Field

Every Friday 6-8pm,

under-14s and under-17s

Leyton Manor Park

Newham Swords Fencing Club

Every Thursday 6-8.30pm

Kingsford School

Every Friday 6-8.30pm

Lister School

Ages eight-18-year-olds

Mini-fence sessions for five-seven-year-olds

For more information call Linda on 07956 618 898

Football and Basketball

Every Monday 4.30-6.30pm

Winsor Park

Every Wednesday 5-7pm

New Beckton Park Ball Cage

Every Wednesday

4.30-6.30pm

Ford Park

Every Wednesday 6-8pm

Plashtet Park

Every Thursday 4.30-6.30pm

Priory Park Ball Cage

Every Thursday 5.30-7.30pm





Barking Road Rec
Every Friday 5-7pm
Lister Gardens Park
Every Friday 5-7pm
Canning Town MUGA

Multi-Sports

Every Monday
5-7pm, eight to 19 years
Langthorne Park
Every Monday
5-7pm, eight to 19 years
Alma Street MUGA
Every Tuesday 4-5pm
Carpenters and Docklands
Centre (term time only)
Every Tuesday
5-7pm, eight to 19 years
Stratford Park
Every Wednesday 4-5pm
Carpenters and Docklands
Centre (term time only)

Every Wednesday
5-7pm, eight to 19 years
The CAGE (Chatsworth Active
Games Enclosure)
Every Wednesday 5-7pm
Stratford Park
Every Wednesday
4-6pm, 10 to 19 years
Cann Hall Park
Every Wednesday
5-7pm, eight to 19 years
Major Road Ball Park
Every Thursday
5-7pm, eight to 19 years
The CAGE

Stratford Table Tennis Club

Every Wednesday
6.30-9.30pm
Stratford Secondary School

Eastlea Handball Club

Every Thursday 4-5pm
11 to 18 years
Eastlea School
Every Thursday 5-6pm
four to 11 years
Eastlea School

Stratford Handball Club

Every Monday 3.15-4.15pm
11 to 18 years
Stratford Secondary School
Mondays 4.30-5.30pm
four to 11 years
Stratford Secondary School

Venue Addresses

Alma Street MUGA
Stratford E15
Barking Road Rec
Burgess Road, East Ham E6
The CAGE (Chatsworth
Active Games Enclosure)
Cruickshank Road, Stratford
E15
Cann Hall Park
Off Cann Hall Road, E11
Canning Town MUGA
Corner of Freemasons Road
and Sophia Road, E16
Carpenters and
Docklands Centre
98 Gibbins Road, Stratford
E15 2HU
Cumberland School
Sports College
Oban Close, Plaistow E13 8SJ
Drapers Field
Temple Mills Lane, off Leyton
High Road, E15
East Ham Leisure Centre
324 Barking Road,
East Ham E6 2RT
Ford Park, Canning Town, E16
Forest Gate Youth Centre

Woodgrange Road, E7
Froud Centre
Toronto Avenue,
Manor Park E12 5JF
Langthorne Park
Off Leytonstone High
Road, E11
Leyton Manor Park
Off Capworth Street,
Leyton E10
Lister Gardens Park
Corner of Upper Road and
Florence Road, Plaistow E13
Little Ilford Ball Cage
Reynolds Avenue,
Manor Park E12
Major Road Ball Cage
Stratford E15
Memorial Park
West Ham E15
New Beckton Park Ball Cage
Savage Gardens, Beckton E6
Newham Leisure Centre
281 Prince Regent Lane,
Plaistow E13 8SD
Phoenix Cage
Milner Road, West Ham E13
Plaistow Park
Balaam Street, Plaistow E13
Plashtet Park
Woodhouse Grove,
East Ham E6
Priory Park Ball Cage
William Morley Close,
Upton Park E13
Royal Victoria Gardens
Pier Road, North
Woolwich E16
Sarah Bonnell School
Deanery Road,
Stratford E15 4LP
Score Complex
100 Oliver Road
Leyton E10 5JY
Scud Park Ball Cage
Tant Avenue,
Canning Town E16
Stratford Park
Densham Road,
Stratford E15
St John's Community Centre
Albert Road, North
Woolwich E16
Winsor Park, Warwall,
Beckton E6





ALL OTHER LISTINGS

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports

Mondays at Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School from 4 to 5.30pm

Multi-Activities

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 10.30am to 12midday

Swimming

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 3 to 5pm
Newham Otters Swimming Club, Saturdays at Newham Leisure Centre from 4.45 to 5.45pm

Trampolining / Fitness / Swimming

SEN and disabled adults at Newham Leisure Centre, Tuesdays from 10am to 4pm

Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30 to 3.30pm. To book an induction you must contact Andrew Nippard on 020 7511 4477

New Age Kurling

Wednesdays at Newham Leisure Centre,

4 to 5.30pm. FREE

Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5 to 7pm

Trampolining

Fridays at Newham Leisure Centre from 4 to 5pm. Please book places in advance due to limited places. Call Andrew Nippard on 020 7511 4477 or email andrew.nippard@newham.gov.uk

Wheelchair Football

West Ham United Power Wheelchair Football Club, Saturdays at Eastlea Community School from 1 to 2pm

B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am to 12midday

COMMITTEE MEETINGS

6 September – 19 September 2008

The following meetings all take place at the Newham Town Hall unless specified.

Newham Partnership – Shaping Sustainable Communities Local Action Partnership Board

Tuesday 9 September, 4pm

Integrated Public Transport Scrutiny Commission

Tuesday 9 September 7pm

Housing Allocations Scrutiny Commission

Tuesday 9 September, 7pm

Regeneration Forum

Wednesday 10 September, 7pm

Mayoral Proceedings

Thursday 11 September, 10am

Newham Partnership – Crime and Disorder Reduction Partnership

Monday 15 September, 2pm

Council

Monday 15 September, 7pm

Children and Young People Scrutiny Commission

Tuesday 16 September, 7pm

Charging and Income Scrutiny Commission

Tuesday 16 September, 7pm

Investment and Accounts Committee

Wednesday 17 September, 6.30pm

Public Transport Liaison Group

Thursday 18 September, 6pm

Newham Community and Police Forum

Thursday 18 September, 7pm

Overview and Scrutiny Committee – London 2012 – Olympic and Paralympic Games – Legacy

Thursday 18 September, 7pm. Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on the Newham website – www.newham.gov.uk

OTHER EVENTS

Get Fit @ The Hub

123 Star Lane, Canning Town, London E16 4PZ
Equipment provided
Mondays 1-2pm, 18+
£2 unwaged / £4 waged

USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit www.newham.gov.uk/yourcouncillor

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email mayor@newham.gov.uk

For information about Community Forums freephone 0800 519 4015 or email community.forums@newham.gov.uk

For information about the 2012 Games and how it will affect Newham, visit www.newham.com/2012Games

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email mag@newham.gov.uk

If you'd like to **stop smoking**
we can help you out.
Pop in to a **drop-in** for real
support from real people.

Newham's Stop Smoking Drop-ins



Newham's four Stop Smoking Drop-in venues* are ready and waiting to help you kick the habit.

Pop in for **FREE** friendly advice and support from people with real experience of helping others stop smoking and get access to nicotine replacement therapy (gum, patches etc).**

It's that simple, so don't miss out...drop-in!

The Venues

Health Information Centre (Zone 1) Newham University Hospital

Glen Road, Plaistow, E13 8SL
Tuesdays 10am – 4pm

St John's Church, Stratford

Stratford Broadway, E15 1NG
Saturdays 10am - 12pm
Wednesdays 11:30am - 1:30pm

The Hartley Centre, East Ham

267 Barking Road, E6 1LB
Saturdays 10am - 12pm

Canning Town & Custom House Regeneration Project Office

20 Freemasons Road
Custom House, E16 3NA
Saturdays 10am - 12pm

For further information: Call 0800 013 1673 or text 'QUIT' to 60155

* Each drop-in will remain in operation every week until such a time that the service is no longer viable. Service provision will be reviewed by Newham Stop Smoking Service every 3 months and a decision made to continue with, or end the service in a designated area will be made at that stage. We will try to notify service users directly if a service ceases.

** One prescription charge per week will be collected for the first 4 weeks, then one prescription charge every 2 weeks will be collected thereafter. A maximum of 12 weeks NRT may be supplied. Continued supply of medications is subject to terms and conditions.



Open Evening

Birkbeck, University of London

Take part in our FREE taster sessions at the Open Evening. See website for details!

Wednesday 10 September

4–7.30pm, Old Town Hall, Stratford

Come along and find out more about the Birkbeck, Stratford courses starting in September and in January.

- Talk to our subject teams and learn more about our courses.
- Hear about the great financial support available for part-time students.
- Find out what it's like to study at university and how we can help you.
- We also have over 350 courses at the main Birkbeck campus in central London: www.bbk.ac.uk

Book your place and order a prospectus:

0845 602 4169

birkbeckstratford.ac.uk/newham

Birkbeck, Stratford courses 2008–09

Archaeology
Arts Management
Community Development and Urban Regeneration
Community Development and Public Policy
Community Leadership
Counselling
Creative Producing (theatre)
Development Studies
Economics
Elected Member Professional Development
English Language, Academic Writing and Study Skills
Ethnicity, Migration, Policy
Higher Education Introductory Studies
IT Applications
Information Technology
Islamic Studies
Journalism
Life Sciences for Subjects Allied to Medicine
Management
Mathematical Studies
Mini MBA
Politics
Professional Studies
Public Sector and Local Government Management
Social Anthropology
Social Policy and the Care Sector
Social Science
Social Science with Development Studies
Sociology
Understanding London